



Africa Triathlon  
Cup  
MONASTIR  
2024



08 SEPTEMBER 2024





Africa Triathlon  
Cup  
MONASTIR  
2024



## Registration and payment

Saturday 07 September 2024

Location: Hotel Conference Room

### Time

**12:00 to 17:00 Payment**

**17:00 to 18:00 Registration**



For registration and payment of the U15/U15 Race, please contact Mr General Secretary :  
Email:

**[triatunisiamonastir2024@gmail.com](mailto:triatunisiamonastir2024@gmail.com)**

**[generalsecretary@fttri.com](mailto:generalsecretary@fttri.com)**



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# KEY CONTACTS

Post	Name	email	Phone	WhatsApp
President	Sabeur Gharbi	<a href="mailto:gharbi.sabeur@gmail.com">gharbi.sabeur@gmail.com</a>	+21658580781	+21624448860
General Secretary	Hatem Ghazouani	<a href="mailto:ghazouani_tem@yahoo.fr">ghazouani_tem@yahoo.fr</a> <a href="mailto:generalsecretary@fttri.com">generalsecretary@fttri.com</a>	+21658580782	+21628681740
TD	Mr. Jan Herbst (RSA)	<a href="mailto:jan@midfran.co.za">jan@midfran.co.za</a>		
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Medical Delegate:	KARIM DOUGAZ ORJOUANE SASSI	<a href="mailto:Dougaz.karim@gmail.com">Dougaz.karim@gmail.com</a> <a href="mailto:Sorjouane@gmail.com">Sorjouane@gmail.com</a>	+21620329003 +21698471361	+21620329003 +21698471361



# KEY CONTACTS

EMERGENCY CONTACTS	Country	Number
International Emergency	Cost worldwide	112
Emergency Doctor	Tunisia	190
Police	Tunisia	197
Firefighters	Tunisia	198

	Page	Link
Facebook	Triathlon.Tunisie	<a href="https://www.facebook.com/triathlon.tunisie/">https://www.facebook.com/triathlon.tunisie/</a>
Instagram	TunisiaTriathlon	<a href="https://www.instagram.com/tunisiatriathlon/">https://www.instagram.com/tunisiatriathlon/</a>
Youtube	TunisiaTriathlon	<a href="https://www.youtube.com/@TunisiaTriathlon">https://www.youtube.com/@TunisiaTriathlon</a>
Twiter	TunisiaTriathlon	<a href="https://twitter.com/TriathlonT20289">https://twitter.com/TriathlonT20289</a>







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# Familiarization/ Briefing

Saturday 07 September 2024

10:00 to 10:15	Swim familiarization	Venue
10:15 to 11:45	Bike/Run familiarization	Venue
18:00 to 19:00	Athletes briefing ELITE Juniors Packet Collection	Hotel Conference Room



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# Schedule and Timetables

Sunday 08 September 2024

## Junior Women

06:30 – 07:00

Athletes' Lounge check-in

06:30 – 07:00

Transition Area check-in for Juniors Women

06:50 – 07:00

Swim Warm-up for Juniors Women

07:05

Athletes' Introduction

07:15

Juniors Women Start

11:45 – 12:00

Medal ceremony



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# Schedule and Timetables

Sunday 08 September 2024

## Junior Men

07:30 – 08:00	Athletes' Lounge check-in
07:30 – 08:00	Transition Area check-in for Juniors Men
07:50 – 08:00	Swim Warm-up for Juniors Men
08:05	Athletes' Introduction
08:15	Juniors Men Start
12:00 – 12:15	Medal ceremony



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# Schedule and Timetables

Sunday 08 September 2024

## Elite Women

08:30 – 09:00

Athletes' Lounge check-in

08:30 – 09:00

Transition Area check-in for Elites Women

08:50 – 09:00

Swim Warm-up for Elites Women

09:05

Athletes' Introduction

09:15

Elites Women Start

12:15 – 12:30

Medal ceremony



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# Schedule and Timetables

Sunday 08 September 2024

## Elites Men

09:30 – 10:00	Athletes' Lounge check-in
09:30 – 10:00	Transition Area check-in for Elites Men
09:50 – 10:00	Swim Warm-up for Elites Men
10:05	Athletes' Introduction
10:15	Elites Men Start
12:30 – 13:00	Medal ceremony



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# Schedule and Timetables

Sunday 08 September 2024

## U13/U15/U17 Men /Women

11:30 – 12:00	Athletes' Lounge check-in
11:30 – 12:00	Transition Area check-in for Youth Men/Women
12:05	Swim Warm-up for U13/U15/U17
12:05	Athletes' Introduction
12:15	Elites Men Start
13:45	Medal ceremony



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## Monastir, Tunisia

sides and forming, towards the south, the gulf of the same name, which extends Monastir is a peninsula surrounded by the Mediterranean Sea on three to the cape of Ras Dimass. It offers diverse landscapes, including its sandy and rocky beaches and a cliff stretching nearly six kilometers.. White sand, clear water... the beaches in the Monastir region are some of the most beautiful in Tunisia. But if you don't want to spend your whole holiday sunbathing, a large variety of sporting activities are available for you: jet ski, parasailing, catamaran, sea cruises, scuba diving...

## Map Location

<https://goo.gl/maps/Jh2VJKKvttdXacNu6>

## Host City Informations



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**Monastir**

**TUNISIA  
TRIATHLON**

## Distance from the Capital Number of Inhabitants Air Temperature

Water Temperature Hours of Sunshine Rain  
days

Location

Monastir, Tunisia

Rainfall Approximately 162 Km

About 104 535

32°C - 22°C

19°C - 22°C

15 hrs

4 Days

14 mm







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## Host City Attractions

### Monastir Attractions

Snugly wrapping around the coast, the historic city of Monastir is prime beach territory, and it is these blissful strips of sandy shore that are top of most visitors' things to do list. Monastir is also one of the best places to visit and base yourself for a day trip to the mighty El Jem amphitheater, rightly considered one of Tunisia's top tourist attractions.

Plan your sightseeing with our list of the top tourist attractions in Monastir

### HABIB BOURGUIBA MAUSOLEUM

The mammoth Habib Bourguiba Mausoleum sits on the northern edge of Monastir cemetery. Its opulent splendor, topped with a golden dome, is a tribute to Tunisia's first president after independence from the French. Built in 1963, this burial mosque holds the bodies of ex-President Bourguiba as well as his family



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## MONASTIR MARINA

George Sebastian, a wealthy Romanian who was the first of many wealthy Europeans to settle in Hammamet during the early 20th century, built the structure in the 1920s.

It's open daily for visitors to walk through and admire the architecture, as well as visit the small contemporary art exhibitions held on site.



## MONASTIR RIBAT

Monastir's waterfront, the Ribat is the town's most famous monument. The imposing fortress was built by Harthama ben Ayan in 796 CE. The Ribat is also one of the country's major cinematic sightseeing sites, and movie-buffs will recognize instantly the building, as it played a starring role in Monty Python's Life of Brian film and also featured in Franco of Nazareth. Jesus Zeffirelli's





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# Venue



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# Venue



SWIM





# Venue



**BIKE**







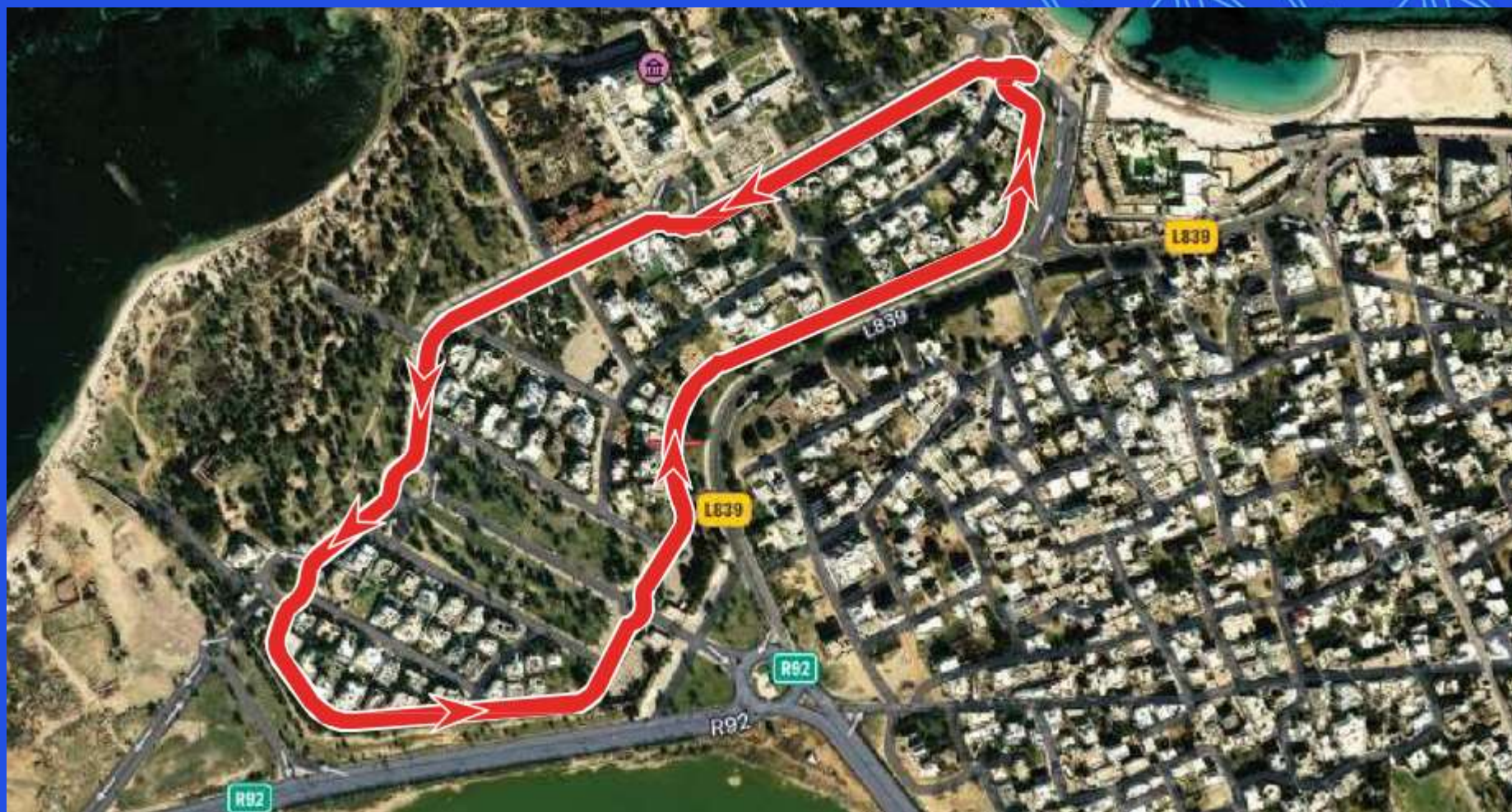
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# Venue



**RUN**



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## Junior, Elite, U15,U17 Courses



**Swim**



**Bike**



**Run**

JUNIOR	750 m (1 lap of 750m)	20 km (5 laps of 6820 m)	5km (2 laps of 2.5km)
ELITE	750 m (1 lap of 750m)	20 km (5 laps of 6820 m)	5km (2 laps of 2.5km)
U15/U17/U13	400 m (1 lap of 400m)	6.820 km (1 lap of 6820 m)	2.5km (1 lap of 2.5km)



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## Entry Fee:

Junior: 100 €

Elite: 100 €

U15/U17: 50 €

**CASH payable at Registration.**

-Junior, Elite, entries must be made through NF and WT Entries System

\* For the Registration for the U17/U15/U13 race entries must be made through event Website:

[2024 Monastir Africa Triathlon Cup \(myevents.tn\)](https://myevents.tn)



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# Prize money distribution

## Elite Men & Women (Africa Triathlon Cup)

Rank	Men	Women
1 st Place	750 USD	750 USD
2 nd Place	450 USD	450 USD
3 rd Place	300 USD	300 USD



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# Athlete's Services

## TRAINING FACILITIES

SWIM- Saturday 04th of November – from 10H00-11H00 with water safety in place

BIKE - Saturday 04th of November –from 11H30-12H30 - Escorted with road closure. Any other time at your own risk

RUN \*Running around venue at any time.

## MEDICAL SERVICES

First Aid and Emergency Medical Services will be on-site during the race. The Medical Delegate will be on call at the Host Hotel. Medical personnel will be available throughout the race and ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatments in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance

## BIKE MECHANICAL SERVICE

Bikes will be transported in convoy with the Athlete Bus in secure, closed trucks from the International Airport to the Host hotel.

Please ensure that your bike has been serviced and in good working order prior to departure from your home country. Bring with you, all specific items required for your bikes should these be unavailable in the city as there is NO BIKE SHOP available in the area.

A LIMITED selection of spares and equipment will be available from our Bike Mechanical partners who will be on site at the Host hotel to assist with any minor adjustments or repairs that might be necessary after air travel.

Bikes and bike bags/cases can be stored in the Special Room at the Host hotel free of charge. Please ensure that all bike bags/cases are clearly labelled with your name.





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# Athlete's Services

## COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

## ATHLETE'S BRIEFING

The athletes briefing will be live and delivered by the Technical Delegate.

The briefing will then be available via a link on the World Triathlon and Triathlon website event pages

## SWIMCAPS AND TIMING CHIPS

Just after the briefing the athletes will be given numbered swim cap and a timing chip, to be worn on the athletes' ankle

## RESULTS

Results will be uploaded on to the World Triathlon official website [www.triathlon.org](http://www.triathlon.org). All the Results information will be displayed on the Notice Board at the venue.

# Athlete's Services

## ACCREDITATION

The LOC will provide official Accreditation Cards to all the Organizing Committee Members, World Triathlon Technical Officials, VIPs, Media, technical staff, volunteers, etc.

Accreditations will be distributed on Friday 31st March 2023 at the LOC Office

All those accredited are requested to carry their Accreditation Cards with them at all times, and to show them upon request.

VIPS: All VIPS, Sponsors and specific sponsor guests will be issued with Accreditation Passes which allows entry into the specified VIP Zone. No entry will be permitted without accreditation.

COACHES - All coaches must be entered through the World Triathlon System by their National Federation. Accreditation Cards will be issued by the LOC Administration.

MEDIA - All media personnel will be required to register with the LOC who will issue Accreditation Cards. Press Conferences will be held at specific times, Media Personnel are requested to adhere to the schedule.





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# Host Hotel

## Skanes Serail Hotel, Monastir

Skanes Serail Hotel Monastir will be the hotel for the registration, entry fees payments and athletes Briefing.





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The hotel Skanes Sérail is a luxurious hotel , located in the enchanting and relaxing atmosphere of the tourist zone Skanes Monastir and reflecting beautifully the architecture is Arabic and muslim, the very essence of the tradition of the country

Located at the edge of a magnificent private beach, Skanes Serail wants to be the place of all your pleasures by providing you its 214 rooms and suites, its Restaurants and Bars in the felted environments, its new SPA center distinguished by its design conceived for your comfort and the vicinity of 2 golf courses to decorate your holidays

The reception is open 24 hours on 24, 7 days on 7. The hotel has a luggage storage service free of charge, proposed to the arrival or departure of customers  
The breakfasts are served from 7.30 am to 10am







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## Travel and Accommodation

The LOC provided all participants with optional offers of accommodation and transportation to benefit from an interesting and complete package, all reservations can be made through the Tunisian Federation.

### Transfer and Transportation

The closest airport to Monastir is :

- Monastir Habib Bourguiba International Airport (15 kilometers)
- Enfidha–Hammamet International Airport (70 kilometers)
- Tunis Carthage International Airport (162 km)

Reception and assistance in both the airport and the Host hotel.

Transportation for participants and their bikes and luggage will be available from the Airport to the Host Hotel.



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## Transportation fees

The Travel from airport to the Host Hotel prices will be as follows:

\*/Monastir One way transfer from Monastir Airport fee is 10 Euro per person excluding bike transfer and 25 Euro including one bike

\*/Monastir One way transfer from Enfidha Airport fee is 20 Euro per person excluding bike transfer and 40 Euro including one bike.

\*/Monastir One way transfer from Carthage international Airport fee is 30 Euro per person excluding bike transfer and 50 Euro including one bike.





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## Accommodation fees

The LOC provided all participants with optional offers of full board accommodations with 03 meals in the Host Hotel (Skanes Serail Hotel Monastir 4 star The closed hotel for the venue 1.5 km) fees is (110 €) for double room per night per person and (140 €) for Single Room Per Night Per Person.

All reservations must be processed through the Tunisian Federation.



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# VISA REQUIREMENTS

It is the athlete's responsibility to check if a VISA is required for entry into Tunisia.

Visas should be obtained **WELL IN ADVANCE** of your departure from your home country.

Check to establish if you can apply **ONLINE** or if you have to submit documents to the Embassy on your home country. **THIS IS IMPERATIVE IN ORDER TO AVOID DELAYS ON ARRIVAL AT Tunisia INTERNATIONAL AIRPORT AND SUBSEQUENT TRANSFER TO YOUR HOST HOTEL**

**IF YOU ARE IN ANY DOUBT, PLEASE CONTACT THE LOC FOR CLARIFICATION.**

Contact LOC / Athlete Liaison for a Letter of Invitation AND Letter of Support for Visa Applications if required



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## Videos links memories

### 2023

[AFRICA TRIATHLON CUP MONASTIR 2023 \(youtube.com\)](https://www.youtube.com/watch?v=VcAK698EYrY&ab_channel=TunisiaTriathlon)

[https://youtu.be/3qRFA\\_Y8SvE?si=2AL5NiOAspDva8Fq](https://youtu.be/3qRFA_Y8SvE?si=2AL5NiOAspDva8Fq)

[https://www.youtube.com/watch?v=VcAK698EYrY&ab\\_channel=TunisiaTriathlon](https://www.youtube.com/watch?v=VcAK698EYrY&ab_channel=TunisiaTriathlon)

### 2022

<https://youtu.be/3bzTNCZavU0>

<https://fb.watch/jgfzC6E-19/>

<https://fb.watch/jgfDmkKuLU/>

<https://fb.watch/jgfFdXmGdU/>

<https://www.youtube.com/watch?v=PSmUwuJGPDM&fbclid=IwAR2Bk>

[fnlA4\\_knn03MFi83\\_iwEJ5vsiHzixsz7E\\_m3i5fdKDO8RGq6f2Xoc](https://www.youtube.com/watch?v=fnlA4_knn03MFi83_iwEJ5vsiHzixsz7E_m3i5fdKDO8RGq6f2Xoc)

<https://fb.watch/jdlt8Qcg2p/>

<https://fb.watch/jdlSJWRvGM/>

### 2021

<https://www.facebook.com/triathlon.tunisie/videos/225417979145185>

<https://www.facebook.com/triathlon.tunisie/videos/252544469961348>

<https://www.facebook.com/triathlon.tunisie/videos/142288327950796>

<https://www.facebook.com/triathlon.tunisie/videos/3974032672682483>







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# Memories



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# Memories







# Memories





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Organized by



Welcome in  
Tunisia

LET'S experience  
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Tunisia



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